



Thrive On Hello Happy Campaign Frequently Asked Questions

1. What is Hello Happy?

Hello Happy is ThriveOn's wellness incentive program. Earn points by completing activities for your health. When you've reached 100 points, you will be rewarded with a reduced cost for your healthcare coverage in December 2016 and January 2017.

2. Who can participate?

All benefits eligible employees and spouses or domestic partners can participate in the program. You (and your spouse/partner) must be enrolled in the County Cooperative Health Benefits Program to receive the incentive. Both you and your spouse or domestic partner are eligible to participate and earn an incentive. If you are not enrolled in the health insurance plan, you are still encouraged to complete the Hello Happy program taking steps to improve your health, although you will not be eligible for the incentive.

3. Tell me more about this incentive.

When you've reached 100 points, you are eligible to be rewarded with a total reduction of \$124 from the health insurance cost deducted from your last paycheck in December 2016 and your first paycheck in January 2017. If your spouse or domestic partner (covered on the health plan) also participates and completes the program, you will receive an additional \$124 reduction of the total cost normally deducted from the same two pay checks.

100 Hello Happy Points:	Employee Only	Spouse/Partner Only	Employee + Spouse/Partner
	\$62 reduction in health insurance cost on last pay of 2016 and first pay of 2017	\$62 reduction in health insurance cost on last pay of 2016 and first pay of 2017	\$124 reduction in health insurance cost on last pay of 2016 and first pay of 2017
Total Incentive:	\$124 total reduction in health insurance cost	\$124 total reduction in health insurance cost	\$248 total reduction in health insurance cost

The incentive will appear on your pay stub as a reduction in your health insurance cost. As less will be deducted from your pay for health insurance, your gross income will be increased and taxed at the appropriate rate.

4. What are the dates I can participate?

Hello Happy begins March 7, 2016 and runs through September 30, 2016. Points can be earned during this time.



5. How do I earn points?

Pick and choose from the following list of activities to earn your 100 points. Complete a health assessment and health screening for a total of 25 points. The health assessment and screening are required to be eligible for the incentive. Earn the remaining 75 points by completing any of the other activities listed below. You can earn 50 points and work toward reaching your health goals simply by completing just 3 phone calls with a health coach!

Category	Activity	Points
Health Assessment & Health Screening	*REQUIRED FOR INCENTIVE* Health Assessment & Screening	25
StayWell Coaching Programs	Phone Coaching (minimum 3 calls)	50
	New! Self-Directed Coaching	10
	New! Digital Workshops	5
Self-Reported Activities	Physical Exam	25
	Dental Exam	10
	Fitness Activities	3
	Community Events	5
	New! Health Education	3
Challenges	Challenges	10
ThriveOn Approved Agency Sponsored Events	New! Agency Sponsored Wellness Activities	10

6. Why are both the health assessment and health screening required?

These two activities help you become aware of your health risks. The results of the health assessment and screening can also be used to identify program recommendations for you. For example, if your health screening shows an elevated blood pressure, StayWell may recommend a program focusing on managing your blood pressure.

7. How do I complete the health assessment?

Complete the health assessment from any computer by logging on to <https://thriveon.staywell.com>. If you already have a user name and password, enter where directed. If you are new to the site, follow the steps for a new user. If you are having trouble accessing your account, you can call the StayWell Helpline at 1-855-719-1908.



8. What is a health screening and will it hurt?

A health screening measures some of your most vital statistics: blood pressure, cholesterol, triglycerides, blood glucose, etc. The nurse will “prick” your finger to obtain a very small amount of blood to run the tests. This data is ‘plugged into’ your health assessment and used to identify areas where you could benefit from health coaching or wellness programming. It is *NEVER* used against you, only to help you and remains confidential.

9. Will there be health screenings offered at work?

Health screenings will be offered at various County Cooperative locations between March 8, 2016 – April 14, 2016 and will count toward the incentive. Check out <http://bewell.franklincountyohio.gov> for health screening locations and scheduling.

10. What if I complete a health screening with my physician?

Good for you – an annual exam with your primary care physician and a health screening earn you 50 points toward your reward! Ask your provider to complete a Physician Health Screening Form and submit it to Alyfe Wellbeing no later than September 1, 2016 to receive credit for completion of your health biometric screening. Download a form on the BeWell website at <http://bewell.franklincountyohio.gov> to give to your physician.

11. How do I call a health coach?

Connect with a health coach by calling the StayWell Helpline at 1-855-719-1908. StayWell coaches may also reach out to you and invite you to be coached at a time and on a day most convenient for you!

12. Tell me more about Self-Directed Coaching and Digital Workshops.

Self-Directed Coaching: Through StayWell, you can complete an online mini-assessment that creates an online coaching program specific to your needs and your health goals. This is a self-paced program that will address your goals, triggers, barriers, willpower, beliefs, and readiness to make a change in your health behavior.

Digital Workshops: Online educational workshops covering key health topics that you can access at any time 24/7. They are ideal for people already active in their health or just getting started. There are a variety of topics available, some examples of topics include: nutrition, heart health, quitting smoking, weight management, exercise, managing type two diabetes, and back health.

13. What can be counted as a physical or dental exam?

Any routine wellness visit with your primary care physician or OB/GYN will count toward your annual physical. If you are visiting for a sick appointment, we would ask that you not count that toward your points. Dental exams typically include a routine cleaning and exam and are recommended twice a year.

14. What can I count as a fitness activity?

A fitness activity is anything that helps to increase your physical fitness. Examples of fitness activities could include: attending a ThriveOn or other fitness class; going for a morning run or lunchtime walk; working out at a gym or at home; riding your bike; participating in a marathon walk/run; playing a game of basketball with your children; attending a fitness expo. For ThriveOn fitness classes, check out the monthly fitness schedule posted at: <http://bewell.franklincountyohio.gov>.



15. What types of events count toward community events?

Hello Happy promotes not only good physical health, but good emotional health as well ... so not all events are fitness-driven. Some just make you happy! Below are examples of events that we feel meet the requirement.

Examples of community events could include: attending a local festival; volunteering; visiting a historical village or metro park; going to a farmers market, festival, or concert; attending a convention for your favorite hobby; taking a knitting class; visiting the zoo or museum; going zip lining, horseback riding, or canoeing; acting in or attending a musical or play; taking a cooking class; attending a local sporting event; joining a book club.

16. What about health education?

Health education activities give you an opportunity to learn more about the health topics most important to you. You could earn points by: listening to a webinar or attending a seminar on a health/wellness topic; attending a healthy cooking demo or other ThriveOn educational program; working through a tobacco cessation program (in person or online); attending a financial education program; participating in the YMCA Diabetes Prevention Program; getting certified in CPR, First Aid, AED.

17. What types of challenges can I participate in?

ThriveOn will be offering two challenges during 2016 to give you the opportunity to engage in healthy behaviors while you are also earning Hello Happy points. In spring 2016, ThriveOn will be offering “Unwrapped,” a challenge focused on eating more fruits and vegetables. In summer 2016, ThriveOn will be offering “The Big One,” a challenge focused on increasing your movement. In addition to earning Hello Happy Points, there will be separate incentives associated with each of these challenges. Keep an eye on <http://bewell.franklincountyohio.gov> for more information.

18. What are agency sponsored events?

We encourage agencies to consider coordinating their own wellness challenges, activities, and events. An example of an agency sponsored event might be a step challenge among members of your team to see who can log the most steps during a given period of time. Contact ThriveOn at ThriveOn@FranklinCountyOhio.gov for help planning an event or to find out if your event can count toward your Hello Happy points.

19. How do I report when I’ve completed an activity?

All activity will be tracked at <https://thriveon.staywell.com>. Health assessment and screening points, StayWell coaching programs, challenges, and agency sponsored events are automatically reported. Please allow 2-4 weeks for your points to appear. We use the honor system for reporting all other activity. Go to <https://thriveon.staywell.com> to self-report your activity.

20. Who are StayWell & Alyfe Wellbeing?

StayWell and Alyfe Wellbeing provide health promotion and wellbeing services. They are contracted by the County to promote and manage ThriveOn wellness programming and incentive activity.